

## All-in-OneMuffin25

Number of Servings: 25 (147.94 g per serving)

Amount	Measure	Ingredient
25.00	ea	English Muffin
25.00	ea	Eggs, whole, raw, lrg
25.00	oz	Pork, cured ham, lean, low sod, ckd
2 3/4	cup	Cheese, cheddar, fancy, shredded
25.00	ea	Cooking Spray, butter flvr, 1/3 sec spray

### Nutrients per serving

Nutrition Facts	
Serving Size (148g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 230mg	77%
Sodium 720mg	30%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 21g	
Vitamin A 10%	Vitamin C 0%
Calcium 25%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Poach or pan "fry" eggs with baking spray. Heat sliced ham in covered pan in oven. Warm muffins in foil to keep them soft. Bring all ingredients to steamtable with cheese in cool container.

Assemble sandwiches by using tongs to place 1/2 of English muffin on plate, put egg on muffin with tongs or spatula, add ham with tongs and sprinkle with cheese. Cover with other 1/2 English muffin and serve with rest of meal.

1 muffin/serving = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Cooking :

- Cook to an internal temperature of 145 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.